

GENERAL RULES OF ATHLETICS AUSTRALIA

19. VALIDITY OF COMPETITIONS

- 19.1 No performance accomplished by an athlete at any competition held in Australia will be valid, including for record, statistical or ranking purposes, unless it is accomplished during an official competition organised in conformity with AA By Laws and Rules, and the competition rules of the IAAF (except as dispensed by Rule 20 of these General Rules)
- 19.2 No competition, meeting or event held in Australia shall be valid unless the competition has been properly scheduled and advertised by AA, a Member Association or any body to which AA has issued a meeting permit for such purpose. Unless a shorter period is specifically approved in advance by the Track and Field Commission, at least ten days (including the days on which the notice is given and the competition is conducted) notice of such competition and the events comprising it must be given. Such notice should take the form of a listing in the competition handbook or on the website (and if available, email service) of AA or a Member Association. Where less than 30 days notice of a competition is given, it is recommended, in addition, that the organisers take reasonable steps to inform those competitors who ordinarily might be interested in taking part.
- 19.3 The Track and Field Commission and the Out of Stadium Commission will from time to time approve Permit Guidelines under which bodies other than Member Associations shall be entitled to conduct meetings, competitions or events within these Rules. These Guidelines shall form part of these Rules as Appendix 19A.
- 19.4 No performance accomplished by an athlete at any road running or road walking competition held in Australia will be valid for record, statistical or ranking purposes, unless it is accomplished during an official competition conducted on a course which has been both measured and completed on a course which has been measured and set up in accordance with the AA Course Measurement Guidelines. These Guidelines shall be determined by the Out of Stadium Commission and shall form part of these Rules as Appendix 19B.

20. COMPETITION RULES

20.1 In accordance with By-law 14 athletics competition in Australia shall be conducted in accordance with the Competition Rules of the IAAF currently in force with the modifications provided for in this Rule.

20.2 Except at Australian National Championships, Australian Grand Prix/A Series, International Meetings held in Australia, and other meetings as determined by the Track and Field Commission (after liaison with the Officials Commission) [unless all or any of such meets are specifically covered by any of the following sub-rules], Member Associations and other meeting organisers shall not be required to comply, with those sections of the underquoted IAAF Rules which are underlined or otherwise altered hereunder:

20.2.1 Rule 129.4 – One or more Recalls shall be provided to assist the Starter.

NOTE: – For events of 200m, 400m, 400m Hurdles, 4 x 100m, 4 x 200m and 4 x 400m Relays, there shall be at least two Recalls.

20.2.2 Rule 141 – The following Age groups shall apply to IAAF Competitions:

Master Men: A male athlete becomes a veteran on his 40th birthday.

Master Women: A female athlete becomes a veteran on her 35th birthday.

Please also note that the junior and youth age definitions in this rule do not prevent athletes in the Junior and Youth age groups who are younger than the ages listed competing in those competitions. Any minimum ages should be set out in the rules for the particular competition.

20.2.3 Rule 142.3 – If a competitor is entered in both a track and field event, or in more than one field event taking place simultaneously, the appropriate Referee may, for one round at a time, or for each trial in high jump and pole vault, allow the competitor to take his trial in an order different from that decided upon by the draw prior to the start of the competition. If an athlete subsequently decides not to attempt that trial, or is not present for his trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed.

- 20.2.4 Rule 143.7 – Every competitor shall be provided with two number bibs which, during the competition, shall be worn visibly on the breast and back....

Whilst it is considered preferable for two number bibs to be provided, where only one is provided, it should be worn on the breast (except for high jump and pole vault, where the competitor may choose). Where because of uniform design the bib cannot be worn on the back it shall be worn visibly on the lower body garment.

- 20.2.5 Rule 144.2 – For the purpose of this Rule the following shall be considered as assistance, though not allowed.....

(ii) use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices in the arena.

The use of a CD walkmen with headphones, which are thereby inaudible to any person including other competitors, is permitted at the Australian Open and Under 20 Track and Field Championships and at Australian Grand Prix meetings only.

- 20.2.6 Rule 146.5 – At all meetings held in Australia, the protest fee shall be \$A20.

- 20.2.7 Rule 147 – In stadium mixed event competition between male and female participants may take place at other than National Championships and Grand Prix meets In addition mens and womens field events may be held simultaneously at Grand Prix meets if it will assist timetabling. Performances by women achieved in mixed events held completely within a stadium cannot be used for qualifying standards (other than for Nationals Championships) or Oceania, Commonwealth or World Records.

- 20.2.8 Rule 161.1 – Starting blocks shall be used for all races up to and including 400 metres (including the first leg of the 4 x 200m and 4 x 400m) and shall not be used for any other race.

This rule will be applied at all Australian Championships and Grand Prix Meetings. Whilst the use of starting blocks is strongly recommended for all other meets, especially those on synthetic tracks, it will not be considered compulsory where special circumstances apply.

- 20.2.9 Rule 163.1 – The direction of running shall be left-hand inside. The lanes shall be numbered with left-hand inside lane numbered one.

Where wind conditions make it preferable for competitors for straight events to be run in the direction of right hand inside, and it is practicable to do so, this is permissible including at Grand Prix meets and international meetings held in Australia.

- 20.2.10 Rule 165.4 – Times for all finishers shall be recorded. In addition, whenever possible lap times in races of 800m and over and times at every 1000m in races of 3000m and over, shall be recorded, either by designated members of the timekeeping team....

Whilst it is strongly recommended that the times for all finishers should be recorded, the result of an event will not be invalidated if this is not possible.

- 20.2.11 Rule 166.2 – In meetings under Rule 12.1(a), (b) and (c), the following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, and the number of heats in each round, to be held and the qualification procedure for each round of track events.

Including at National Championships, Grand Prix meets and international meetings held in Australia, organisers may use any formula for this purpose. This should be advised to the competitors prior to the commencement of the first round of each event in which they are participating.

- 20.2.12 Rule 166.4 – *At all meetings held in Australia, where nine lanes are available, lanes 4,5,6 and 7 shall be regarded as the preferred lanes. Where only eight (or less) competitors are taking part, lane 1 should, in general, be left vacant.*

- 20.2.13 Rule 166.4 Note 2 – *At all meetings held in Australia, where there are more competitors in an 800 metres race than there are lanes and it is decided to start the race in lanes:*

- (a) the competitors shall be allocated to lanes in such a way that they remain in the same order as the start list and should they be wearing hip numbers in ascending order of hip numbers from lane 1 out.*
- (b) If there is one additional competitor he shall be placed in the lane second from the outside (ie lane 7 on an 8 lane track).*
- (c) If there is a second additional competitor he shall be placed in the fourth lane from the outside (ie lane 5 on an 8 lane track) and so on.*

20.2.14 Rule 166.6 – In all preliminary rounds, at least the first and second in each heat shall qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify.

20.2.15 Rule 166.7 – The following minimum times must be allowed, when practicable, between the last heat of any round and the first heat of a subsequent round or final:

Up to and including 200 metres	45 minutes
Over 200 metres up to and including 1000 metres	90 minutes
Over 1000 metres	<u>Not on the same day</u>

20.2.16 Rule 167 – *In all competitions held in Australia, in determining whether there is a tie for any qualifying position based on time, the Technical Delegate in conjunction with the Competition Director will first consider whether, due to the number of lanes available, it is possible to including all such tying competitors in the next round. If not the competitor who placed higher in his heat shall be advanced. If this does not resolve the tie then Rule 167 should be applied.*

20.2.17 Rule 169.4 – In the 2000m event, the first jump is at the third barrier of a normal lap. The previous hurdles shall be removed until the athletes have passed them for the first time.

This means that where the water jump is on the outside of the track, either one or no hurdle (depending on the placement of the start in the back straight) will be removed. Where the water jump is on the inside, the first two hurdles will normally have to be removed for the first lap.

20.2.18 Rule 170.6 – In 4 x 200 metres (if this event is not run entirely in lanes) and 4 x 400m relays, the first lap, as well as that part of the second lap up to the line after the first bend (breakline) will be run entirely in lanes.

20.2.19 Rule 180.5 – In all field events, except for the High Jump and Pole Vault, where there are more than eight competitors, each competitor shall be allowed three trials and the eight competitors with the best valid performances shall be allowed three additional trials. In the event of a tie for the last qualifying place, it shall be resolved as described in 20 below. Where there are eight competitors or fewer, each competitor shall be allowed six trials.

In both cases, the competing order for the last three rounds will be in the reverse order to the ranking recorded after the first three trials.

It is recommended however that this rule be applied as often as possible. It shall be applied in all championship competition where six rounds are being used.

20.2.20 Rule 180.7 – *This rule may also be applied at any competition in Australia except National Championships.*

20.2.21 Rule 180.9 – The competitors shall be divided into two or more groups. ...

This dispensation shall apply to all meetings held in Australia.

20.2.22 Rule 180.10 – It is recommended that, in meetings of more than three days, a rest day be provided between qualifying competitions and the finals in the vertical jumping events.

This dispensation shall apply to all meetings held in Australia.

20.2.23 Rule 180.11 – *In all competitions held in Australia it is recommended that no more than ten athletes (except where there are unbreakable ties for the last qualifying place) should proceed to the final.*

20.2.24 Rule 180.18 – *In Field Events, a competitor may, with the permission of, and accompanied by, a Judge, leave the competition area of the events during the progress of the competition.*

20.2.25 Rule 181.8(c)(i) – (in jumping or vaulting for height)

If the tie still remains:

(i) If it concerns the first place, the competitors tying shall have one more jump at the lowest height at which any of those involved in the tie have lost their right to continue jumping, and if no decision is reached, the bar shall be raised if the tying athletes were successful or lowered if not, 2cm for the High Jump and 5cm for the Pole Vault. They shall then attempt one jump at each height until the tie is decided. Competitors so tying must jump on each occasion when deciding the tie. (See example.)

It is recommended that where time permits this rule is applied in all championship competition.

20.2.26 Rules 182.2 and 183.1 – *Where it is not practicable or possible to comply with the provisions of the notes to these rules, this shall not be required.*

- 20.2.27 Rule 183.2 (a) – *For the under 18 age group and lower for women and the under 16 age group and lower for men, this rule, at the discretion of the chief judge of the event, may not be applied to a particular trial, where in the opinion of the chief judge, a competitor made a reasonable attempt to push the pole back in the direction of the runway, but the wind then caused the bar to be dislodged by the pole.*

This dispensation shall apply for the relevant age groups at all meetings held in Australia.

- 20.2.28 Rule 183.9 – The metallic structure of the base and the lower part of the uprights must be covered with padding of appropriate material in order to provide protection to the athletes and the poles.

This rule should be complied with wherever possible. Where it is not possible to so cover the base and/or the uprights because of the construction or operation of the uprights, the safest possible arrangements should be made.

- 20.2.29 Rule 183.10 – They shall not extend more than 55mm from the supporting members, which should extend 35-40mm above the pegs.

This rule should not be applied strictly where in order to facilitate attempts at lower heights in veteran, combined event, under age and club competition, it is necessary or preferable to use extension arms, which do not strictly comply with Rule 183.10.

- 20.2.30 Rule 183.12 – The sides of the landing area nearest to the box shall be placed 10cm to 15cm from the box and shall slope away from the box at an angle of approximately 45°.

Landing areas in use as at 1.11.03 may comply with the previous angle of 30°. However any adaptations and new acquisitions should comply with the new rule.

- 20.2.31 Rule 187.14 – *Any trial in the hammer and discus, in which the implement hits the cage before landing correctly within the sector and which is in all other respects valid, shall be valid.*

- 20.2.32 Rule 187.16 – *The deletion of the bracket in the 2002-3 IAAF Handbook does not change the interpretation of the Rule. The whole implement in the case of the shot, hammer head and discus must fall completely inside the inner edge of the sector line.*

- 20.2.33 Rule 187.20 – The measurement of each throw shall be made immediately after the attempt:

Where it is not practicable due to time constraints or available officials, to comply with this rule, markers may be used to indicate the best throw or put of each competition and all measurements made at the end of the round or the competition, or at any time during the competition.

- 20.2.34 Rule 190 – Discus Throwing Cage and
Rule 192 – Hammer Throwing Cage

Whilst it is recommended that the current rule be applied wherever possible, any competition in Australia may be conducted within cages meeting the IAAF Handbook 1992-1993 requirements. Where this dispensation is applied it is recommended that additional safety procedures be applied whenever implements are being thrown from such cages.

- 20.2.35 Rule 160.4; 183.6; 184.2; 186.5

The new specifications for lane width (1.22m±0.01m) do not invalidate any existing tracks surveyed and marked within the previous specifications (1.22-1.25m). Performances, including records and qualifying marks, achieved on tracks so marked will be fully valid.

- 20.2.36 Rule 125.4; 144.2 – *Where under these rules or any other rule, a Referee, the Competition Director or the Jury of Appeal excludes or disqualifies an athlete from a field event, previous trials achieved in that event will be invalid. If the event is a final, performances achieved in a qualifying round would normally remain valid unless circumstances justify their invalidation also. Similar considerations would apply to other events within the same meeting.*

- 20.3 In respect of all meetings conducted in Australia, compliance by Member Associations and other meeting organisers, with the underlined sections of the underquoted IAAF Rules is mandatory:

- 20.3.1 Rule 181.4 – In a Combined Events competition held under Rule 12.1(a), (b) and (c), each increase shall be uniformly 3cm in the High Jump and 10cm in the Pole Vault throughout the competition.

20.4 Walking Rules – Generally walking events are to be conducted in accordance with IAAF Rule 230 except as amended hereunder.

20.4.1 Australian Records – Notwithstanding Rule 260.9, a minimum of four AA graded judges, of whom at least two judges shall be from the IAAF Panel of International or Area Judges and/or Graded Level 'A' Walk Judge by Athletics Australia, shall be officiating during the competition at which an Australian record is claimed and shall sign the application form.

20.4.2 Chief Judge – Notwithstanding Rule 230.2(b), the Chief Judge shall be allowed to act as a Race Walking Judge at all events in Australia.

The Chief Judge, provided he/she is a member of the IAAF or Area Walk Judge Panels, may exercise the power under Rule 230.2(a), at any competition held in Australia.

20.4.3 Warning Posting Board – In conformity with Rule 230.4(g) a warning board shall be used at all Australian Race Walk Championships 5km and longer. For all other levels of competition, the use of a Warning Posting Board is optional.

Whilst the use of a Warning Posting Board is strongly recommended, the failure to provide same will not invalidate an event or the action of the judges.

20.4.4 Cautions – Add Rule 230.4(i). If a competitor, who is to receive a warning, has not received a prior caution from a judge, the judge may issue a caution to the competitor. The judge shall then advise the Chief Judge that a caution has been issued as well as submitting the disqualification proposal.

20.4.5 Warning and Disqualification – Notwithstanding Rule 230.4 (b), at lesser level competitions (eg interclub and club meets), where there are less than the number of walk judges required by the IAAF Rules available, the following disqualification arrangements will apply:

- (a) where one judge available – one warning for disqualification
- (b) where two judges available – two warnings for disqualification
- (c) where three to seven judges available – three warning for disqualification

20.4.6 Clothing in Walk Events – *For walk events, IAAF Rules 143.1 should be interpreted to mean that competitors should not wear tights or other legwear that could impede the walk judges' clear view of the walkers knees.*

- 20.4.7 Rule 230.4(e) – *Whilst the use of signs complying with this rule is strongly recommended, the use of differently designed or coloured signs will not invalidate the actions of the judge.*
- 20.5 Throwing Circles – In cases where the IAAF Rule 187.5 cannot be implemented out with respect to the specifications of the throwing circles, the following local rule shall apply: When throws are made from ground on the same level inside as outside the circle, they shall be made from circles described hereunder:
- 20.5.1 Construction – The material defining the circle shall be of either metal or wood.
- 20.5.2 Measurements – The circle shall measure for discus throwing not more than 2.50m (± 5 mm) and for shot putting and hammer throwing 2.135m (± 5 mm).
- 20.5.3 The material defining the circle shall be of metal 25mm thick and 20 ± 6 mm high and if of wood 51mm thick and 20 ± 6 mm high.
- 20.5.4 The metal or wood used to define the circle shall be painted white and shall be firmly spiked to the ground.
- 20.6 Combined Events – The following events and specifications will be used for under age combined event competition in Australia, including national championships:
- 20.6.1 Under 20 Men (10 events) – as per IAAF rules but with a hurdle height of 0.99m.
- 20.6.2 Under 20 and Under 18 Women (7 events) – as per IAAF rules for each age group.
- 20.6.3 Under 16 Women (7 events) – as per IAAF rules but with 90 metres hurdles (0.762m)
- 20.6.4 Under 18 Men (10 events) – as per IAAF rules for under 20 men but with a hurdle height of 0.914m, shot weighing 5kg, discus weighing 1.5kg and javelin weighing 700gm.
- 20.6.5 Under 16 Men (7 events) – 100m hurdles (0.840m), shot put (4kg), high jump, 200 metres, long jump, javelin (700gm), 1500 metres
- 20.6.6 Scoring for all mens competitions shall be undertaken on the senior mens combined events scoring tables, without any alteration, eg the 110 metres hurdles table shall therefore be used unaltered for the under 16 boys 100 metres hurdles.

20.6.7 Scoring for all womens competitions shall be undertaken on the senior womens combined events scoring tables, without any alteration, eg the 100 metres hurdles table shall therefore be used unaltered for the under 16 girls 90 metres hurdles.

20.7 Safety – In respect of all meetings conducted in Australia, compliance is expected by Member Associations and other meeting organisers, with appropriate safety conditions for the event(s) being conducted. Organisers shall take reasonable steps to ensure the safety of competitors, officials, other participants and spectators, including by observing any safety guidelines issued from time to time by AA or the IAAF.

Athletes, and coaches and officials where appropriate, shall be particularly careful and observe safety considerations and guidelines when undertaking throwing practice, training and competition or where practice, training or competition occurs in public places including but not limited to roadways, in parks, pathways and adjacent areas.

AA shall take reasonable steps to ensure that safety issues are topics for discussion at seminars for athletes, coaches and officials.

20.8 Penalties for False Starts in Handicap Events – Penalties for false starts in handicap events shall be imposed by the Starter, as follows:

20.8.1 in races up to and including 200 metres, the competitor shall be put back one metre for the first false start;

20.8.2 in races over 200 metres and including 400 metres, two metres for the first false start;

20.8.3 in races over 400 metres and including 800 metres, three metres for the first false start; and

20.8.4 in races over 800 metres, five metres for the first false start.

In all cases the second false start shall prevent the competitor from competing in that event. In relay races, the penalty shall be according to the distance the offending competitor is to race.

The Starter shall also disqualify for that event any competitor who attempts to advance himself from his mark, as prescribed in the official programme, after he has given the relevant start command(s).

20.9 Road Relay Specifications

- 20.9.1 The surface of the road shall be bitumen or concrete.
- 20.9.2 The event may be conducted over a course requiring shuttle type changes, circular course type changes or a mixture of the two.
- 20.9.3 A shuttle take-over zone shall be defined by the scratch line and a line drawn parallel to it and three metres behind it.
- 20.9.4 A circular course take-over zone shall be marked in the manner prescribed by IAAF Rule 170.2.
- 20.9.5 The event shall be generally conducted in accordance with rules for relay races set out in IAAF Rule 170.

20.10 Twelve Hour Relay Specifications

- 20.10.1 Teams shall comprise no more than ten registered competitors. Teams may represent a club, a district or an association. Runners must wear an appropriate uniform.
- 20.10.2 The distance of each leg of the relay shall be either 1600m or one mile.
- 20.10.3 The names of team members and the order of running must be submitted in writing to the organisers thirty minutes before the scheduled starting time. The composition of the team and running order shall not be altered from that submitted.
- 20.10.4 If a runner retires, he/she may not rejoin the event, nor may he/she be replaced. The remaining runners may, however, continue in the event after deleting from the order of running the retired athlete.
- 20.10.5 The rules of the IAAF shall apply to relay batons and their use.
- 20.10.6 Accurate lap-score sheets shall be maintained. The performance of each team member and each team shall be recorded.
- 20.10.7 The relay shall be conducted on a track that has been approved by AA. The relay must be accredited by the appropriate Member Association and an official of that Member Association must be present at all times.
- 20.10.8 An Australian Record shall be listed for the event, and for this purpose the General Rules relating to Australian Records shall apply.

20.11 Except at Australian National Championships, Australian Grand Prix/A Series, International Meetings held in Australia, and other meetings as determined by the Track and Field Commission (after liaison with the Officials Commission) [unless all or any of such meets are specifically covered by any of the following sub-rules], Member Associations and other meeting organisers shall not be required to comply, with those sections of the underquoted IPC Rules which are underlined or otherwise altered hereunder:

20.11.1 Rule 143.7 (**Classes 32 - 34, 51 - 58**) - *Every competitor must be provided with two numbers to be worn visibly, one on the back of the chair, the other to be worn as directed by the Referee.*

20.11.2 Rule 144.2(a) (**Classes 11 – 12**) (**F31-32, F51-52**) - *Only escorts or guide runners for Classes 11 and 12 athletes will be permitted to accompany competitors onto the competition area. Persons acting as guides or escorts must be clearly identified by wearing a distinctively coloured vest provided by the Organising Committee. The escort or guide must accompany the athlete to the Call Room and is subject to the same Call Room procedures as the athlete. An escort or guide not following this procedure may be removed from the competition area. Escorts for any other classes must be approved by the Technical Delegate.*

20.11.3 Rule 144.2(e) (**Classes 11 – 12**)**b** - *Whether or not a tether is being used, the athlete and guide shall not be more than 0.50m apart at all times.*

NOTE: Where extraordinary or accidental circumstances lead to a breach of this rule it shall be the sole responsibility of the IPC Technical Official to decide the question of disqualification. The principles that will govern such a decision shall include consideration of any danger to or disadvantage suffered by another competitor in the same race. - *In Australia this shall be the sole responsibility of the Track Referee.*

20.11.4 Rule 147 - *including World IPC Records*

20.11.5 Rule 161.1 (**Classes T35 - 38, T42 - 46**) – Starting blocks shall be used for all races up to and including 400m

In Australia “shall” should be read as “may”.

Add NOTE: A four point stance is not required by athletes in any class. It is acceptable for arm amputee athletes to use pads on which to rest stumps at the start. Pads must be completely behind the start line and not interfere with any other athlete. The pads should be a similar colour to the track or of a neutral colour.

- 20.11.6 Rule 161.1 (**Class T 20**) - *Some athletes will require their blocks to be pre-set, prior to the race. The Technical Delegate will provide the appropriate official with a list of competitors and a diagram of the required positions, measured in centimetres.*

The Administration Delegate will provide the Call Room Manager with a list of Class 20 athletes. The Call Room Manager will provide the Starters Assistant with a list of competitors and a diagram of the required positions.

- 20.11.7 Rule 163.13 (**Classes T11 - 12**) - *100m to 800m for Class 11 - athletes will compete accompanied by a guide. Each athlete shall be allocated two lanes for himself and the guide. The start lines in a staggered start will be those for lanes 1, 3, 5, 7 etc.*

Class 12 athletes shall have the right to be allocated two lanes (for themselves and a guide) in all races run in lanes, and in 800m. races started in lanes. In such cases the start lines in a staggered start will be those for lanes 1, 3, 5, 7 etc. An athlete in Class 12 may opt to use a guide in any running event. If this option is exercised, the rules for Class 11 guiding will apply.

- 20.11.8 Rule 166 - *Progression from heats to finals shall be determined by comparing the athletes time/distance against the World Record for their classification.*

Track: Athlete's Time ÷ World Record Time X 100 = x%

Field: World Record Distance ÷ Athlete's Distance X 100 = x%

The 8 athletes with the best % against their own World Record will progress to the final round. The number progressing in track events may need to be adjusted if Class T11 or T12 athletes make the final. Final placings shall also be determined using the same method.

- 20.11.9 Rule 180.3 (**Class 20**) – *add note:*

NOTE: *Some athletes will require their markers to be at a pre-set distance from the take-off board, prior to the competition. The Technical Delegate will provide the appropriate official with a list of competitors and a diagram of the required positions.*

The Administration Delegate will provide the Call Room Manager with a list of Class 20 athletes. The Call Room Manager will provide the Chief Official with a list of competitors and a diagram of the required positions.

20.11.10 Rule 180.5 (Classes F32 - 34, F51 - 58) – *In Australia, replace with “..Athletes take three throws consecutively. In addition to the time allowed under this rule, a reasonable time will be permitted for an athlete to place the frame in the circle before the commencement of their first trial. This time shall not normally exceed 2 minutes.”*

NOTE: *No reversal of throwing order will take place for the final three trials.*

In Australian National Championships competition, athletes will take six throws consecutively in addition to the time allowed for placement of the frame in the circle before commencement of the trials. Athletes will be allowed a readjustment time of 2 minutes after the completion of three trials.

21. IMPLEMENTS FOR THROWING EVENTS

- 21.1 The Track and Field Commission shall determine the weight and other specifications to be used for throwing events in all age groups for competitions conducted under AA Rules. The Commission shall consult such other Commissions and individuals as it shall deem appropriate in reaching such determinations.
- 21.2 The specifications shall form part of these Rules as Appendix 21A and 21B (AWD events).

22. SPECIFICATIONS FOR HURDLE AND STEEPLECHASE EVENTS

- 22.1 The Track and Field Commission shall determine the specifications for heights of hurdles/barriers and the relevant distance measurements to be used for hurdle and steeplechase events in all age groups for competitions conducted under AA Rules. The Commission shall consult such other Commissions and individuals as it shall deem appropriate in reaching such determinations.
- 22.2 The following permanent coloured markings are recommended for use on all synthetic tracks in Australia to indicate the position of the hurdles for each event:

60 metres	Brown
80 metres	Black
90 metres	White
100 metres	Yellow
110 metres	Blue
200 metres	Purple
400 metres	Green

The hurdle positions should be marked on the track by lines preferably 50mm x 50mm so that the distance measured from the start to the edge of the line nearest the approaching athlete are in accordance with the hurdle distances nominated for the particular hurdle event.

22.3 The specifications shall form part of these Rules as Appendix 22.